



MONTHLY BULLETIN

May 2024

At Home with the Lord

Having a TV or radio on, even just in the background, can help us to feel connected. In Biblical times, Israelites in exile received comfort in the music of their harps left outside in the wind—a wondrous reminder of their connection to God.

Psalm 137 describes the exiles refusing to sing joyful hymns for their captors. Hanging a lyre from a tree allowed God’s gift of a gentle breeze to play the strings as soothing music for His people in their sadness.

In the 1600’s, a Jesuit priest named Fr. Athanasius Kircher created an aeolian harp as an instrument of such heaven-sent music. When placed on a windowsill, the tuned strings mounted on an acoustical box vibrated with wondrously varied sound, depending on the wind.

Sounds Like Faith

It sometimes takes a racket, rather than music, to get our spiritual attention! In the days before countless television



Fr. Tony Scannell
Chaplain

channels available all the time, I would sometimes fall asleep in front of the TV and wake up later to static or a tone that signaled a station’s sign-off for the night. Like the insistent static or the jolting sound that prompted me to get up and turn off the old TV, events in our lives can motivate us to get moving spiritually.

Assured that the Lord

does not abandon us, we can easily find ourselves not giving much thought to His constant and loving companionship. In contrast, we have His full attention. He has more to say to us, if only we shut off the distractions for a while!

After the Resurrection, Jesus returned for a whirlwind 40 days. Right before His Ascension to heaven, He instructed the Disciples to proclaim His Word to the world. Jesus promised that the Holy Spirit would help.

Today, the Spirit continues to offer blessed encouragement that we need as Church, drawing us together in oneness of hope and purpose. At Mass, we attune ourselves to what the Lord wants to say to us, not just as individuals, but as a single, harmonious instrument of His love.

Sunday TV Mass Now on WE tv

Heart of the Nation now televises Mass on the WE tv cable and satellite network.

Cable

8 a.m. ET and PT / 7 a.m. CT / 6 a.m. MT
(Check local listings for your channel number.)

Satellite

8 a.m. ET / 7 a.m. CT / 6 a.m. MT / 5 a.m. PT
DirecTV channel 260 / Dish channel 128



Spiritual Bouquets

Please use the enclosed, two-sided spiritual bouquet card to send the names of beloved mothers and fathers for remembrance at Mass on Mother’s Day (May 12) or Father’s Day (June 16).

“I have been watching on TV. I have been studying Catholicism and have grown to love it.”

– Michael



“Once in a while, it’s necessary to stay home on Sunday mornings. On those occasions, I eagerly look forward to watching your Catholic Mass.”

– Debbie



“We have sent a donation in thanksgiving for all the Masses that our daughter watched and cherished during her horrible year fighting breast cancer.”

– Sharon

Three-in-One Puzzle

Puzzles for all ages provide challenge, accompanied by determination to see how the pieces or words or numbers fit together. Trinity Sunday celebrates oneness of Father, Son, and the Holy Spirit—a belief that has puzzled the faithful since Biblical times.



Pope Francis has inaugurated World Children’s Day this year, celebrated on Trinity Sunday. Adults sometimes do well to hand a puzzle to a child.

Surely, adults surmise, a three-piece puzzle should pose little difficulty. One enduring example consists of interlocking parts that, together, form a three-dimensional cross. Seeing the way to take it apart proves at least as challenging as putting it back together.

Among the puzzled in Scripture, Saint Thomas lovably stands out. Philip comes in a close second in a New Testament scene occurring right before the Lord’s Crucifixion.

Jesus assured the Apostles that He

would go and prepare a place for them. He said that they knew the way to get there.

First of all, Thomas wanted to know where Jesus would meet them. They needed more direction. Jesus called Himself the Way to the Father.

That seemed to get somewhere! They had a destination (the Father) but still a puzzling route (through the Son).

Asked by Philip to show them the Father, Jesus answered that they had already seen Him because they saw the Son (John 14). Two pieces of the puzzle became one.

Jesus also called Himself the Truth. He promised that the Spirit of Truth—His Spirit—would guide them. Rather than separate parts, the

Lord revealed the Trinity as a whole. Specifics of the Sacred Mystery remain hidden.

After His lesson to the Twelve, Jesus led them to the garden where He prayed before suffering on the Cross. In their ensuing fear, confusion, and mourning, Jesus’ friends had no idea what to make of it all.

Handed a wooden puzzle that forms a 3-D cross, a child would hold it and turn it, confident of seeing the way it worked. Only childlike faith enables confidence in the ways God works.

Oneness of the Trinity presents the primary Mystery of the Catholic faith. Still, we have the assurance that events as puzzling as the Cross fit together on the way to eternal life.



In Loving Tribute

Saint Paul’s Letter to the Ephesians encourages each person to strive for unity “through the bond of peace” (Eph. 4). With every prayer or gift received in tribute to men and women in the armed forces who strive for peace, Heart of the Nation shares the hope for their spiritual strength and safety. In honor of the faith, service, and cherished love of members of the military who have lost their lives, Heart of the Nation joins in prayers placed before the altar and gratefully receives donations sent in loving memory. (Armed Forces Day is May 18. Memorial Day is May 27.)



Mother's Day Prayer

Blessed Virgin Mary,
 Whose gentleness and love
 bless all people in your care,
 Please keep mothers dear to me
 in your loving prayers.


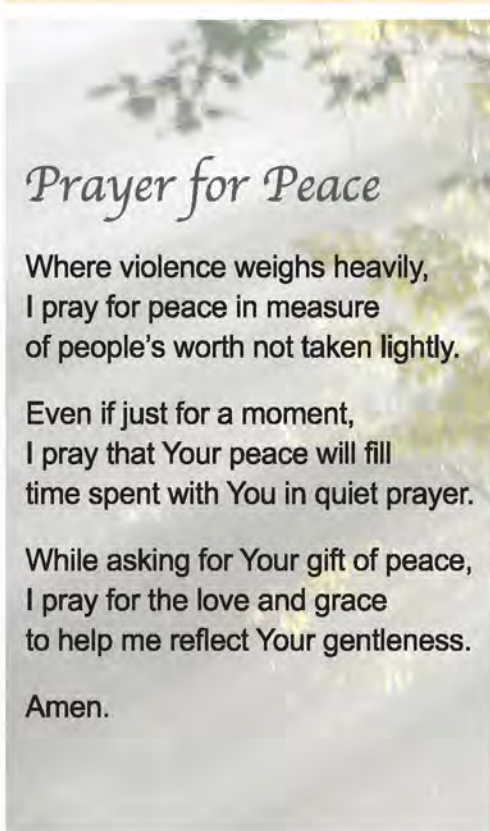
Reflecting on the joy
 of awaiting Jesus' birth,
 Please pray for mothers-to-be
 and newborns on this Earth.

Having nurtured Jesus,
 who grew in wisdom and strength,
 Please pray for mothers teaching
 their children love and faith.

Remembering the Cross,
 suffering not borne alone,
 Please pray for mothers feeling
 children's pain as their own.

For the blessings they are,
 here and in heaven's glory,
 Please pray for mothers living
 now and in memory.

Amen.

Prayer for Peace

Where violence weighs heavily,
 I pray for peace in measure
 of people's worth not taken lightly.

Even if just for a moment,
 I pray that Your peace will fill
 time spent with You in quiet prayer.

While asking for Your gift of peace,
 I pray for the love and grace
 to help me reflect Your gentleness.

Amen.

Philip and James (the Other One)

On a Catholic calendar, you will see the Feast of Saints Philip and James on May 3. Rather than James, the brother of John and son of Zebedee, the feast honors the other James among the Twelve Apostles.

Philip became famous for his failures. Asked by Jesus where to buy food for a crowd of thousands, Philip pointed out that they couldn't afford it anyway. Jesus proceeded to multiply five loaves and two fish (John 6). At the Last Supper, Philip wanted to see the Father, failing to recognize God the Father in the Son (John 14).

Scripture says little about James, son of Alphaeus. Called as one of the Twelve, he gets specifically mentioned only in lists of names. Whether he wrote the Letter of Saint James or served as a leader of the first-century Church in Jerusalem remains uncertain.

Getting into the Spirit

In celebrations of Pentecost on the Azores Islands, well off the coast of Portugal, temporary rulers from among the poor get crowned. Each emperor, usually a child, reigns over one of the *Festas do Divino Espírito Santo* (Festivals of the Holy Spirit). Coronation takes place at church. After Mass, festivities continue in parishes and in homes throughout the islands.

Rich and poor share a festival meal served free of charge. More than charity, the sharing promotes solidarity, justice for people in all stations, and thanksgiving to God.



Jesus, our King who came as a child, taught His followers to care for the poor. He gave sight to a blind beggar and

healed a woman who had spent all she had on doctors unable to help her. Dining at the home of a Pharisee, the Lord advised giving future invitations to the poor, who could not reciprocate. Following Jesus' Ascension to heaven, the Holy Spirit assists the faithful in continuing the mission of bringing Good News to the poor.

On the first Pentecost, pilgrims had come from various places for a festival in Jerusalem. Coming like the noise of a driving wind and licks of fire, the Holy Spirit appeared. When the Galilean Disciples proceeded to proclaim the Lord, listeners in the crowd miraculously understood the preaching in myriad native languages.

More than a millennium then passed before Portuguese colonization of the Azores. Among island settlers in the 1400's, Franciscan friars served as missionaries and helped to develop the festivals in accordance with Catholic beliefs about the Holy Spirit. Tourists come to the Azores, and emigrants from the islands have also taken the Holy Spirit Festival tradition to other places.

“Did You Know?”

Familiar prayers recited on beads and the Crucifix of a Rosary allow reflection without counting prayers or concern about when to move on to a new prayer, a new Sacred Mystery, and a new step toward becoming more devout. Praying the Our Father, Hail Mary (ten times), and the Glory Be in each of five sections, called decades, offers a backdrop for contemplating a pivotal occurrence from the lives of Jesus and Mary.



All five Joyful Mysteries of the Rosary involve the Blessed Mother of Jesus.



Using different sets of Biblical events keeps the Rosary fresh. The sets, entitled the Joyful, Luminous, Sorrowful, and Glorious Mysteries, each provide five events—one for each Rosary decade. All five of the Joyful Mysteries relate to motherhood as experienced by Mary, the Blessed Mother of Jesus.



Mother's Day (May 12) and several Catholic feast days in May that honor Mary make the Joyful Mysteries wonderfully fitting. Those Mysteries include 1) an angel's Annunciation that God had chosen Mary as the Mother of Jesus; 2) the Visitation, when the miraculously expectant mothers Mary and Elizabeth greeted each other; 3) the Nativity of the Lord; 4) Presentation of Jesus in the Temple, where a holy man named Simeon recognized the Child as the awaited

Messiah; and 5) finding 12-year-old Jesus in the Temple after Mary and Joseph's frantic search.

For the prayers, Mysteries, and Rosary instructions, please request the free, pocket-sized booklet *My Catholic Prayers* from Heart of the Nation by June 15. Contact information is in the box at right.

Prayer & Worship Guide

Prayer & Worship Guide

April 11 - June 9, 2024



Order a free subscription to use during the TV Mass and in spiritual reading throughout each week. Please send the recipient's name and address to Heart of the Nation.



Thank You, New Members!

With gratitude, Heart of the Nation includes Circle of the Heart monthly giving club members in perpetual prayers placed at the altar for every Sunday TV Mass. If you do not already belong to this special group, please consider a pledge.

MASS SCHEDULE

Sunday, May 5, 2024
Sixth Sunday of Easter

Sunday, May 12, 2024
The Ascension of the Lord
(The ecclesiastical provinces of Boston, Hartford, New York, Omaha, and Philadelphia celebrate the Ascension holy day on May 9 and the Seventh Sunday of Easter on May 12.)



Sunday, May 19, 2024
Pentecost Sunday

Sunday, May 26, 2024
Solemnity of
The Most Holy Trinity

Online Mass on Sundays and Holy Days:

Available all day at www.HeartoftheNation.org



Heart of the Nation.
CATHOLIC MASS

For local time and TV channel information, please visit
www.HeartoftheNation.org

or

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